

SECTION-D

Note: Long answer type questions. Attempt any two questions out of three questions. (2x8=16)

- Q.23 What are fortified & enriched foods? Give some examples of fortified & enriched foods commonly used in India.
- Q.24 Explain in detail the constraints faced by Indian farmers growing organic foods.
- Q.25 What are organic foods. Write the status and scope of organic food in India.

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Roll No.

5th Sem / Food Technology

Subject : Health and Functional Foods

Time : 3 Hrs.

M.M. : 60

SECTION-A

Note: Multiple choice questions. All questions are compulsory (6x1=6)

- Q.1 Hypocholesterolic foods are important because they-
- a) Lower Blood Sugar Level
 - b) Lower Blood Cholesterol Level
 - c) Both A & B
 - d) none of them
- Q.2 Which foods are responsible for healthy digestive system?
- a) Chocolate
 - b) Soft drinks
 - c) Food Fibers
 - d) Milk
- Q.3 Which foods are rich source of protein?
- a) Wheat
 - b) Eggs
 - c) Rice
 - d) Spinach

- Q.4 Which functional food has anti carcinogenic properties?
- a) Garlic b) White bread
c) Citrus Fruits d) None of them

- Q.5 What is the role of anti-oxidants in our body?
- a) Decreases cholesterol Level
b) Increase Energy Level
c) Remove Free radicals
d) All the above

- Q.6 Which is a bad Cholesterol
- a) HDL (High Density Cholesterol)
b) LDL (Low Density Cholesterol)
c) Both A & B
d) None of them

SECTION-B

Note: Objective/ Completion type questions. All questions are compulsory. (6x1=6)

- Q.7 FSSAI stands for_____.
- Q.8 The pigment presents in tomato is_____.
- Q.9 Hypoglycemic food decreases the blood cholesterol level. (True/False)

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- Q.10 The table salt is fortified with iodine. (True/False)
- Q.11 Whole grain flour is rich in_____.
- Q.12 The head quarter of FSSAI is in which city?

SECTION-C

Note: Short answer type questions. Attempt any eight questions out of ten questions. (8x4=32)

- Q.13 Write a short note on genetically modified foods?
- Q.14 What are prebiotic foods? Give some examples of prebiotic foods
- Q.15 Explain some properties of nutraceuticals?
- Q.16 Describe the health benefits of fibre rich foods.
- Q.17 Define the term food fortification. Give some example of fortified foods used in India.
- Q.18 Explain the health benefits of organic foods
- Q.19 Write the health benefits of foods rich in polyunsaturated fatty acids(PUFA).
- Q.20 Write a short note on health & functional foods.
- Q.21 What is hypercholesterolemia?
- Q.22 What are antioxidants? Give any three examples of antioxidants.

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